2017—2018 Emerald Star Project:

“Purses Full of Essentials”

The project is to provide a purse full of small essential items to women in need.

Some items we would like to get donated are:

- gently used handbags/purses
- hotel/travel shampoo/conditioner
- toothbrushes/toothpaste
- water/snacks
- socks/mittens

A Donation Box will be available at the 4-H Office and each month, 4-H members can contribute at their Monthly 4-H Club General Meetings and at 4-H County events.

We are also available to attend your 4-H General Meetings to present this County Community Service Emerald Star Project.

Contact information:
Cerro Alto 4-H Members

Amber Quick, iceehorse@yahoo.com or 805-610-1682

Cosette Gibler, skidoocrg@gmail.com or 805-538-8864
News & Views is published by the San Luis Obispo County 4-H Youth Program, University of California, Cooperative Extension, Division of Agriculture and Natural Resources. News & Views is a monthly newsletter for 4-H members, leaders and parents in San Luis Obispo County.

Please submit articles and photos by the 15th of each month to:
Denise Harris, Editor
4-H Office
2156 Sierra Way, Suite C
San Luis Obispo, CA 93401
(805) 781—5943 / dharris@co.slo.ca.us

Katherine E. Soule, Ph.D.
Youth, Families, & Communities Advisor

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By John Sims, UC ANR
AA Compliance Officer

- No articles available at the time of publishing 11/30/17.

SLO County’s 4-H website is: http://ucanr.edu/slo4h/
https://www.facebook.com/SLO4H

SAFETY NOTES: http://safety.ucanr.org/4h/

National & State 4-H News
For more information from the STATE 4-H OFFICE, visit http://www.4h.ucanr.edu

4-H Curricula: http://4h.ucanr.edu/Projects/Curriculum/

4-H Project Sheets: http://4h.ucanr.edu/Projects/Project_Sheets/

The STATE 4-H Updates E-Newsletter is posted on the public website at:
http://4h.ucanr.edu/News/Newsletter

For more information from the STATE 4-H OFFICE, visit http://www.4h.ucanr.edu
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The STATE 4-H Updates E-Newsletter is posted on the public website at:
http://4h.ucanr.edu/News/Newsletter

- No articles available at the time of publishing 11/30/17.
Bay Coast Youth Summit 2018

JANUARY 19TH-21ST, 2018

Located at YMCA Camp Jones Gulch.
Participants ages 11-13.
Teen facilitators ages 14-19.
Attend educational workshops, make friends from all
over the Bay Coast Area, and much more! Registration
out soon on the California 4-H website!

Registration Fees: Currently the only form of payment accepted is by check. Make checks payable to
the California 4-H Management Board with Bay/Coast Youth Summit in the memo section.
Normal registration (by December 31st): $100    Late registration: $115

Link to registration & mail your Health Form in also:
http://ucanr.edu/survey/survey.cfm?surveynumber=21679

listing_id=10283762251
County-wide projects currently offered:

**Pinewood Derby**
- Project Leaders: Michelle and Troy Good
- Begins: February 2018, monthly, compete at County Field Day
- Contact: troygood@gmail.com
- Ages: All welcome (includes primary members)

**Robotics**
- Project Leaders: Dennis Derickson
- Begins: January 2018, monthly, compete at State Field Day held at UC Davis
- Contact: ddericks@calpoly.edu
- Ages: 7th grade & up

**Rocketry**
- Project Leaders: Ty Safreno
- Begins: November (date TBD)
- Contact: ty.safreno@trustautomation.com
- Ages: 11 & up

**Lego Engineering**
- Project Leaders: Anne Shatara
- Begins: TBD
- Contact: anneshatara.4H@gmail.com to be added to interest list

Contact us today if you are interested in participating as a project member, teen lead, volunteer, or just learning more.

Contact Information:
4-H San Luis Obispo County
dharris@co.slo.ca.us 805.781.5943
Come join the 4-H county-wide Science, Technology, Engineering, Math (STEM)/Robotics events. All are welcome independent of the projects you have signed up for. Go to one event or as many as you can make. Parents/Sponsors are welcome to stay the duration of each event to help out and participate.

**Event 1: Rockets Day**
Date: Saturday, Jan. 6, 2018  
Time: 3:00PM  
Location: Derickson Residence  
8735 San Rafael Road, Atascadero, CA 93422  
Description: We will build and fly Estes Rockets all in a two (2) hour period. All are Welcome and this is intended to be a fun and educational event.

**Event 4: Build Robots Day**
Date: Friday, April 6, 2018  
Time: 5:30PM to 7:30PM  
Location: Building 20A lobby at Cal Poly  
Description. We will continue building robots and learn how to program them.

**Event 2: Introduction to Robotics Day**
Date: Friday, Feb. 2, 2018  
Time: 5:30PM-7:30PM  
Location: Building 20A at Cal Poly  
Description: I will introduce you to both VEX robots and scribbler robots (depending on age). The short term goal is to learn about Robotics. The long term goal is to possibly enter the State 4-H robotics event on June 2, 2018.

**Event 5: Build Robots Day**
Date: Friday, May 4th, 2018  
Time: 5:30PM to 7:30PM  
Location: Building 20A lobby at Cal Poly  
Description. Practice the robot competition for State Field Day

**Event 3: Build Robots Day**
Date: Friday, March 2, 2018  
Time: 5:30PM to 7:30PM  
Location: Building 20A lobby at Cal Poly  
Description. We will continue building robots and learn how to program them.

**Event 6: Enter State 4-H Robotics Competition at UC Davis**  
Date, Saturday, June 2, 2018  
Time 11:00AM to 1:00 PM  
Location: Lawn outside UC Davis Wellman Hall  
Description: Everyone will get Certificates of Achievement for entering the State 4-H Robotics event.
On November 11th, I attended the Central Coast Rabbit Club’s Rabbit Field Day. Hosted by Jorge’s "Land Of The Giants Rabbitry" in Santa Maria. I got to hug a Flemish Giant, and they are HUGE. It was a full day of education. We heard twenty different topics on rabbits discussed by youth showman and youth breeders. Some of the Topics included:

"What is a Pedigree?"; "Rabbit Housing"; "General Care" (I learned how a rabbit should be dewormed); "Rabbit Rx"; "Treats: Dos and Don'ts" (I leaned that mint will dry up a lactating doe); "Bunny Business" (money-making ideas for young rabbit breeders); and, "ARBA Rabbit Breeds" (did you know there are fifty different breeds recognized by the American Rabbit Breeders Association?).

We then heard talks on seven different ARBA breeds; including my favorite, the Flemish Giant. 4-H members shared their rabbits and talked about body type, fur, size, temperament, good and bad qualities, and why they raise that breed. After the talks there was a question and answer period.

We also heard talks on tattooing, getting ready to go to shows, meat pen rabbits, how to register your grand champion rabbit, Primary 4-H; and, we also saw an amazing showmanship demonstration.

There was a yummy BBQ lunch by donation. After lunch, we had time to visit and look at rabbits for sale, and rabbits for raffle.

It was a great day, and I hope they put on another event soon.

Submitted by: Elsie E., Cerro Alto 4-H
This year, California is home to the 2018 Western Region Leaders' Forum!

The Western Region Leaders' Forum (WRLF) is a leadership conference for volunteers and staff of the 4-H Western Region. The 13 states in the region are Alaska, Alberta, (Canada) Arizona, California, Colorado, Hawaii, Idaho, Nevada, New Mexico, Montana, Oregon, Utah, Washington and Wyoming.

Registration will be opening on November 1st, keep your eye out on the CA State 4-H Website for more information!

http://ucanr.edu/sites/WRLF_2018/

The Adult Leadership Key Leader for 4-H in San Luis Obispo County will be offering scholarships for the 2018 Western Region Leader’s Forum!

Contact Dagmar Derickson (805) 781-5941 4-H Program Lead or via email: dderickson@ucanr.edu for more information on how to apply.
Santa Maria’s 4-H SNAC clubs provide nutritional education to low-income families

BY KASEY BUBNASH

It can be especially difficult for low-income families to find healthy foods and to make time for beneficial physical activity. In a 2016 health assessment of Santa Barbara County, 28 percent of surveyed adults said they were obese, and 24 percent rated their health as being fair to very poor.

The 4-H Student Nutrition Advisory Council (SNAC) clubs are providing local students with healthy food tastings, nutritional presentations, and gardening lessons so those kids can in turn teach their classmates and families about healthy choices.

The 4-H SNAC clubs, available in four of Santa Maria’s elementary schools, teach 5th and 6th graders in low-income communities simple ways to live healthier lives, according to the University of California (UC) Agriculture and Natural Resources. 4-H SNAC club kids are then trained to advocate for healthy changes in their communities and schools.

Students involved in 4-H SNAC and their families were invited to a Youth Leadership Training summit at Liberty Elementary on Nov. 18. Attendees signed up for different hands-on sessions where they learned STEM, public speaking, gardening, and community service skills from 1 to 6 p.m. At the end of the day, kids will learn various culinary skills while cooking dinner for family members in attendance.

The 4-H SNAC program is a collaborative effort between UC CalFresh Nutrition Education, UC 4-H Youth Development, and the Santa Maria-Bonita School District. The CalFresh program, according to CalFresh Nutrition Education Manager Shannon Klisch, is part of a nationwide effort funded by the U.S. Department of Agriculture to improve nutrition education and healthy living in low-income communities. “For nutrition education, reaching low-income populations is critical and crucial,” Klisch said. “We know a lot of low-income communities don’t have the same access to healthy foods or places to get active.”

For example, Klisch said, while kids who live in wealthier communities often walk to school, safety concerns can prevent kids in low-income communities from walking. Although it may seem small, simple healthy habits are important. Since 4-H SNAC started in Santa Barbara County in February 2015, clubs have been implemented in Liberty, Bruce, Adam, and Rice elementary schools, where at least 50 percent of the students qualify for free and reduced meals. About 70 kids are currently involved, Klisch said. 4-H SNAC holds lunch and afterschool meetings, and students involved get to focus on their interests. Klisch said a lot of students are interested in healthy cooking and physical activity, so they’ll work on projects centered on those ideas. Those interested in cooking can learn healthy recipes and then provide tastings to their peers during lunch. During family nights, Klisch said students develop booths where they can teach parents about nutrition. “They love to do that,” Klisch said.

A recent student project focused on healthy hearts, so students made smoothies with a bicycle-powered blender. Parents’ bike pedaling turned the blender’s blades. Gardening is another major focus, because Klisch said kids are more likely to try food they’ve worked to grow. In her experience, Community Education Specialist Lisa Paniagua said kids are most interested in learning new ways to eat vegetables that actually taste good. She does tastings with the clubs once a week, and said kids are always shocked at how good fruits and veggies can taste.

“They just love it,” Paniagua said. “It’s like every week they say, ‘This is the best thing I’ve ever had.’” Simple changes, like using low-fat Greek yogurt in smoothies rather than other sugary kinds, are simple ways for kids to eat better, Paniagua said. One of her students started making spinach salads for his family, which they all seem to love. “That’s a huge deal to them,” Paniagua said. “The good news is they take this home to their parents, which is awesome.”

That’s one of the major goals of 4-H SNAC, according to Liberty Elementary Principal Cindy Duncan, who said a lot of parents simply don’t know that healthy meals can be easy to make. The program, she said, is free for the schools and allows kids to voluntarily learn more about nutrition and pass that knowledge to their families. The Liberty 4-H SNAC club usually does lunch tastings—Duncan said they recently made pumpkin custard—and they’re currently building a garden.
4-H SHOOTING SPORTS TRAININGS NEWS

San Luis Obispo 4-H Youth Development—Program Development Board
Jack Crane, Shooting Sports Key Leader

Contact Jack Crane at Phone: (805) 458-4223 or Email: jack@accuair.com or the 4-H Office at 781-5941 if you would like more information.

4-H Shooting Sports Workshops

If you have an interest in sharing your Shooting Sports skills with youth, how about becoming a 4-H Shooting Sports adult volunteer or teen leader? There will be a variety of 4-H Shooting Sports leader certification trainings offered this fall. The classes will be held over a Saturday and Sunday weekend format at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, in Merced County (center state). This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to lead the shooting sports discipline of your choice at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Please bring your own lunch to the class.

Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.

Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option. Numerous hotels are available in the area, contact Dave below for more info if needed.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at http://4h.ucanr.edu/files/4785.pdf with an adult 4-H medical release form and a $35 check payable to "Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday the week before your class (7 days prior), and Space is limited to 20 attendees. For more information call Dave at 209-614-1718 or Darlene McIntyre at 209-385-7418 or email her at dlm McIntyre@ucanr.edu.

Archery – Dec 9 & 10th
Pistol – Dec 9 & 10th

Western Heritage – Jan 6 & 7th
Muzzle Loading – Jan 13 & 14th

4-H Shooting Sports Workshop

Rifle Discipline
Bakersfield, CA
Saturday, March 10, 2018 – 8:00 a.m. – 6:00 p.m.
Sunday, March 11, 2018 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at the UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can conduct a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu

4-H Shooting Sports - Archery Workshop
April 6 – 8, 2018

A training course for the 4-H archery discipline will be offered as a workshop at the 2018 California Camping Conference. The conference will take place at Redwood Glen in San Mateo County. Early registration for the conference is $195 and includes meals, lodging, and course materials. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. Early registration is due by February 16, 2018.

Registration from February 17 – March 23, 2018 will be $230.

To view the conference material or the registration information, visit the Camping Website at: http://4h.ucanr.edu/4-H_Events/CampingConference_128/

For more information about registering for this course contact John Borba at (661) 868-6216 or email: jaborba@ucanr.edu
**Gymkhana Field Day**

***********************************************************
Our recent Gymkhana Field Day was a great success. Twenty one riders from across SLO County competed in speed events with their project horses.

Above: Lily from Creston 4-H led the 4-H pledge.

Left: Ella and Cat from Creston 4-H earned Senior High Point Champion.

Right: Los Osos members Rachel and Sophia earned Junior Reserve High Point and Pony High Point Champion.

Not pictured: Ava, Nipomo-Foothill, Senior RHP Bailey, Templeton, Junior HP Gracie, Creston, Pony RHP Sadie, Nipomo-Foothill, Walk Trot HP

**Upcoming 4-H SLO County Horse Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>12/2/2017</td>
<td>Hippology Bowl</td>
<td>UCCE Auditorium, SLO</td>
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<tr>
<td>1/13/2018</td>
<td>Horse Written Level Testing</td>
<td>UCCE Auditorium, SLO</td>
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<tr>
<td>3/18/2018</td>
<td>Western Field Day</td>
<td>Wranglerette Arena, Atascadero</td>
</tr>
<tr>
<td>3/25/2018</td>
<td>(rain date 3/25)</td>
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<tr>
<td>4/29/2018</td>
<td>English Field Day</td>
<td>Wranglerette Arena, Atascadero</td>
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</tbody>
</table>
2017 Toys-4-Tots Campaign

The 2017 Toys-4-Tots Collection Drive is on behalf of the United States Marine Corps for San Luis Obispo County, who want to make sure things run smoothly so hundreds of kids in our county have a happy holiday.

Ask each 4-H club member to donate one new unwrapped toy, with a value of $10 to a 4-H club meeting before December 15th (The toys can be on sale, just be valued at $10 originally). Then when your 4-H club collection is finished, take the donated toys to the 4-H Office located at 2156 Sierra Way #C in San Luis Obispo.

Please bring all 4-H Toys-4-Tots donations to the Collection Bin at the County 4-H Office by December 15th. Together, we can show the U.S. Marine Corps. what an outpouring 4-H can do.

All of the toys collected go to various locations in our county and end up helping kids everywhere. All of the toys collected in SLO County are given to kids in SLO County. When the need is filled, they will go where they are needed. Toys-4-Tots began in 1947, when a group of Marine Corps reservists banded together and collected 5,000 toys for local kids that had none.

The logo for Toys-4-Tots was designed as a donation by the Walt Disney Studios in 1948.

https://www.toysfortots.org/

Ready, Set, Go ~ get those toys!!

Pozo 4-H: Hi. Our Community Service Officers, Carly D. and Kensington W., wanted to share with you what our club has participated in during the month of October. Pozo 4-H had a great start to the new 4-H year and participated in two local events.

The first event was the Farm Supply Scarecrow Contest. We had so much fun and it was a great example of teamwork. Members signed up to bring items needed for our “Head Over Heels for 4-H” Scarecrow and on the day of the event members brought their items to put our scarecrow together. We loved how it turned out and were very surprised to win first place at the Paso Robles Farm Supply store. That qualified us for the finals in San Luis Obispo at the Farmer’s Market. Even though we didn’t win the finals, it was still a very fun experience.

The second event was the Colony Days Parade in Atascadero. This was Pozo 4-H’s first time in the parade. We decorated our float and besides members and parents riding on the float, we had chickens and rabbits too. Behind the float Carly and Kensington led two ponies! Their names are Frankie and Derby and it was their first time in a Parade too!
Estrella Sheep Group Field Trip

The Estrella Sheep Group went on a trip to Estes's Show Sheep barns. The owners, Mona and Ryan Estes, taught us many helpful tips for caring and showing a lamb. They let us take a tour of their barn to see the set up for breeding. There were multiple sections such as a place for ewes, bucks, and babies. They also explained on how challenging starting a business like that was, but they also informed us on how smoothly it runs a few years later. We thank Mona and Ryan to come out to their barns and hope to be back soon. Submitted by: Shelby C., Estrella Club Reporter

Estrella 4-H Club gives Halloween Party at Vineyard Health Care Center

On October 28, 2017 Estrella 4-H Club went to Vineyard Senior Center to throw them a Halloween Party. The 4-H members dressed up in their Halloween costumes. We also decorated the hall with fake cob webs and spiders. We passed out juice, food and sugar free treats. Then some of the 4-Hers went around door to door wishing the residents a Happy Halloween. Submitted by Anna M., Club Sunshine & Healthy Living Officer
Cerro Alto’s Avian Science Group had a great start to the new year with their November meeting. The Junior Leaders organized & gave talks on classifications. Each Jr. leader set up a station to teach one of the classifications; and, our members split into small groups to rotated stations to learn about classification of chickens. Then we did a fun game called, "Chicken, Chicken, Turkey!", led by one of our primary members. Fun meeting.

Submitted by: Elsie E., 4-H Avian Science Jr. Leader

The San Luis Obispo County 4-H Achievement Night was held on October 7th.

Morro Bay 4-H received two gold seals, one for the Reporter’s book and one for the Treasurer’s book. Morro Bay 4-H recently partnered with the Lions Club and Morro Bay FFA with food donations and served a hot meal to those in need on October 2 at the Morro Bay Vets Hall.

The Morro Bay 4-H Club will hold a meeting on December 6 from 7-8:00. The gathering will be held at the Morro Bay Grange Hall, 1340 Atascadero Rd. All kids from ages 5-19 are eligible to join 4-H and the club currently offers projects in beef, swine, sheep, rabbit, goat, arts and crafts, poultry, computers, baking and sustainable agriculture. For more information call Tammy at 772-3558 or email to: morrobay4hclub@yahoo.com.

Submitted by: Caden E.
### SLO County 4-H Youth Development Program Calendar 2017-2018

**COUNTY 4-H WEBSITE URL:** [http://ucanr.edu/slo4h/](http://ucanr.edu/slo4h/)

#### 2017-2018 4-H Program Year

<table>
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<tr>
<th>DECEMBER 2017</th>
<th>APRIL 2018</th>
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<tbody>
<tr>
<td>2 4-H Officer’s Training</td>
<td>21 Cerro Alto Rabbit Show</td>
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<tr>
<td>3 4-H Treasurer’s Training</td>
<td>28 Food &amp; Arts Celebration and Fashion Revue</td>
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<td>15 Toys-4-Tots Last day to drop off donated Toys at the 4-H Office.</td>
<td>Laguna Middle School, SLO</td>
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<th>JANUARY 2018</th>
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<tr>
<td>19 Bay Coast Youth Summit to</td>
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<table>
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<th>FEBRUARY 2018</th>
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<tr>
<td>3 County Presentation Day</td>
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<tr>
<th>MARCH 2018</th>
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<tbody>
<tr>
<td>24 Sectional/Area Presentation Day</td>
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**NOTE:**
We are waiting for a Confirmed Date for this event:
Small Animal Field Day — Details to follow

Updated Information about the SLO County 4-H Horse Project can be found on Page 10.

<table>
<thead>
<tr>
<th>JULY 2018</th>
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<tbody>
<tr>
<td>11- Santa Barbara Co. Fair</td>
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<td>15</td>
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<td>18- CA Mid-State Fair</td>
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<table>
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<tr>
<th>AUGUST 2018</th>
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<td>17 Officer &amp; Record Books Due</td>
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<td>7 County Record Book Judging</td>
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<td>8 County Record Book Judging</td>
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<table>
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<tr>
<td>6 2017-18 Achievement Night</td>
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